

## **Douglas County Health Department Summary**

<b>Counties</b>	<b>Average age</b>	<b>Education</b>		<b>Race / Ethnicity</b>		
Douglas	34.7 years	H.S Grad / GED or Higher	87.3%	White,non-Hispanic	78.2%	(362,528)
<b>Total population</b>	<b>Median income</b>	College Grad	30.6%	Minority	21.8%	(101,057)
463,585	\$43,209					

*Source: 2000 U.S. Census*

### **Summary of Significant Differences (Compared to Nebraska)**

- In Douglas County, two rates for the overall population were significantly better than Nebraska rates. The average distance from home to the closest emergency room (ER) and the average distance from home to the ER at which they prefer to receive care were both lower than statewide averages.

### **Health-Related Quality of Life**

- Among Douglas County adults, 13.8% considered their general health “fair” or “poor.”
- Douglas County adults reported that their physical health was “not good” an average of 3.7 days in the past month. Respondents averaged 3.5 days in the past month when mental health was “not good.”
- Poor physical or mental health prevented Douglas County adults from participating in their usual activities an average of 4.3 days in the past 30 days.

### **Health Care Access**

- One in seven Douglas County residents aged 18 to 64 years (14.5%) reported having no health care coverage.
- Among Douglas County adults, 18.8% did not have a personal doctor or health care provider and 7.8% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seventy-two percent of adults in this county reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents’ homes to the closest emergency room (ER) was significantly lower in Douglas County (4.1 miles) than the average for Nebraska.
- In this county, the average distance to the ER at which respondents preferred to receive care (5.1 miles) was significantly lower than the state average.
- Slightly less than one-half of Douglas County adults (47.9%) reported no problems or barriers to getting medical care, other than cost.
- Among Douglas County residents who reported a problem getting medical care (other than cost), work (27.7%), long waits (19.2%), and not having insurance (15.0%) were mentioned most frequently.
- Douglas County residents most often cited a doctor (45.0%) as their primary source of information on health issues or illness. Family or friends (15.0%) and the Internet (14.8%) were also mentioned frequently. Men were somewhat more likely than women to use family or friends, while women were more likely than men to turn to their physician for information.

### **Cardiovascular Disease**

- One of every 17 adults in Douglas County (5.8%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- About one-fourth of Douglas County adults (25.7%) had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in this county were nearly twice as likely to identify cardiovascular disease (85.1%) as they were to identify stroke (43.2%) as something untreated high blood pressure can lead to.
- The majority of Douglas County respondents (77.6%) had their cholesterol level checked during the last five years.

- Among county respondents who ever had their blood cholesterol level checked, 37.1% had been told it was high.
- During the past year, about one of every six Douglas County adults (15.8%) were certified to perform CPR. Women in this county (23.4%) were significantly more likely to be CPR-certified than men (7.8%).

### **Diabetes**

- In Douglas County, 6.9% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### **Cancer Prevention**

- Three-fourths of Douglas County women aged 40 or older (75.4%) reported having a mammogram in the past two years.
- About one-fourth of adults aged 50 or older in this county (27.7%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older (57.0%) reported ever having a colonoscopy or sigmoidoscopy.

### **Asthma**

- One in eight Douglas County adults (12.3%) had ever been told they had asthma, while 7.7% currently have this disease.

### **Overweight and Obesity**

- More than six of every ten Douglas County adults (61.6%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Men in this county (72.7%) were significantly more likely to be “overweight or obese” than women (50.9%).
- Adults with a Body Mass Index of 30 or higher are classified as “obese”. In Douglas County, 18.7% were categorized as “obese.”

### **Tobacco Use**

- In Douglas County, 18.6% of adults currently smoke cigarettes, either daily or on some days of the month.
- More than one-fourth of adults in this county (27.3%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers, 53.5% reported trying to quit smoking during the past year.
- Three-fourths of the adults in Douglas County (75.1%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 86.3% stated that their workplace’s official smoking policy does not allow smoking in any work areas.

### **Physical Activity and Sedentary Behaviors**

- Nearly one-fourth of adults in Douglas County (22.9%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 48.1% of county respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- Close to one-half of all adults in Douglas County (47.6%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for 3 or more hours during an average day.

### **Nutrition**

- Among Douglas County respondents, only 15.1% consumed fruits and vegetables the recommended five or more times per day. However, one-half of county respondents (51.8%) were knowledgeable about what “Five-a-Day” means.
- Less than one-fifth of Douglas County respondents (19.2%) reported consuming dairy products three or more times daily.
- On average, Douglas County adults ate food from restaurants or fast food shops 2.4 times per week.

- Less than one-third of respondents (31.4%) rated foods at community events in this county as “always” or “almost always” healthy. However, the more than one-half of respondents (56.5%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-third (32.0%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

### **Alcohol Consumption**

- In Douglas County, 54.4% of adults reported consuming at least one drink of alcohol in the past 30 days.

### **Injury**

- One in eleven adults in this county (9.2%) said they had fallen in the past three months. Of those who had fallen, 44.2% were injured by the fall.
- Nine out of ten Douglas County respondents (91.3%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Women in this county (95.7%) were significantly more likely than men (86.5%) to report always or nearly always wearing their seatbelts.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 57.8% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

### **Immunization**

- Among Douglas County residents aged 18 and older, one-third (32.4%) got a flu vaccination during the past year.

### **Oral Health**

- Three-fourths of adults (74.2%) saw a dentist or visited a dental clinic in the past year.

### **Women’s Perceptions of Health Threats and Causes of Death**

- One-fourth of the women in Douglas County (24.8%) identified cancer as the leading health problem facing women today.
- About one-fifth (21.9%) of women in the county consider heart disease or heart attack the leading health problem facing women today. However, 61.5% identified heart disease/attack as the leading cause of death for all women.

### **Social Context**

- Few Douglas County adults (8.5%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 16.4% of county respondents reported it is “somewhat” or “very unsafe.”

## Douglas County Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	
<b>Health Related Quality of Life</b>										
1. General health was 'fair' or 'poor'	487	13.8%	Non-Sig	167	12.9%	Non-Sig	320	14.6%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	475	3.7	Non-Sig	164	3.8	Non-Sig	311	3.7	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	477	3.5	Non-Sig	166	3.1	Non-Sig	311	3.9	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	249	4.3	Non-Sig	70	5.3	Non-Sig	179	3.5	Non-Sig	No
<b>Health Care Access</b>										
1. No health care coverage among adults 18-64 years old	353	14.5%	Non-Sig	133	17.4%	Non-Sig	220	11.7%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	487	18.8%	Non-Sig	167	23.8%	Non-Sig	320	14.1%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	486	7.8%	Non-Sig	167	4.3%	Non-Sig	319	11.1%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	482	72.0%	Non-Sig	166	65.1%	Non-Sig	316	78.7%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	468	4.1	Lower	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	447	5.1	Lower	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	484	47.9%	Non-Sig	165	48.3%	Non-Sig	319	47.6%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	212	1) Work (27.7%)		2) Long Wait (19.2%)		3) No Insurance (15.0%)		(Other= 20.6%)	
	Men	74	1) Work (29.7%)		2) No Insurance (19.5%)		3) Long Wait (18.1%)		(Other= 20.3%)	
	Women	138	1) Work (25.9%)		2) Long Wait (20.3%)		3) No Insurance (10.9%)		(Other= 20.9%)	
9. Primary source for getting information on health issues or illness										
	Overall	478	1) Doctor (45.0%)		2) Family/Friends (15.0%)		3) The Internet (14.8%)		(Other=6.4%)	
	Men	163	1) Doctor (37.3%)		2) Family/Friend (23.3%)		3) The Internet (15.5%)		(Other= 6.3%)	
	Women	315	1) Doctor (52.0%)		2)The Internet (14.1%)		3) Family/Friends (7.4%)		(Other= 6.5%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	484	5.8%	Non-Sig	167	5.7%	Non-Sig	317	5.9%	Non-Sig	No
2. Ever told blood pressure was high	487	25.7%	Non-Sig	167	28.9%	Non-Sig	320	22.7%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	485	43.2%	Non-Sig	166	34.4%	Non-Sig	319	51.4%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	485	85.1%	Non-Sig	166	85.3%	Non-Sig	319	84.9%	Non-Sig	No
5. Had cholesterol checked during the past five years	471	77.6%	Non-Sig	162	74.9%	Non-Sig	309	80.1%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	406	37.1%	Non-Sig	137	41.5%	Non-Sig	269	33.3%	Non-Sig	No
7. Were CPR certified during the past year	487	15.8%	Non-Sig	167	7.8%	Non-Sig	320	23.4%	Non-Sig	Yes
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	487	6.9%	Non-Sig	167	5.4%	Non-Sig	320	8.2%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	224	75.4%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	249	27.7%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	248	57.0%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	486	12.3%	Non-Sig	167	11.4%	Non-Sig	319	13.1%	Non-Sig	No
2. Currently has asthma	483	7.7%	Non-Sig	166	4.7%	Non-Sig	317	8.0%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	460	61.6%	Non-Sig	163	72.7%	Non-Sig	297	50.9%	Non-Sig	Yes
2. Obese (BMI 30+)	460	18.7%	Non-Sig	163	17.4%	Non-Sig	297	19.9%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	487	18.6%	Non-Sig	167	15.5%	Non-Sig	320	21.5%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<b><i>Tobacco Use, cont.</i></b>										
2. Former cigarette smoker	487	27.3%	Non-Sig	167	27.3%	Non-Sig	320	27.4%	Non-Sig	No
3. Current smokers who tried to quit during the past year	91	53.5%	Non-Sig	^	^	---	59	51.9%	Non-Sig	---
4. Smoking not allowed in home	486	75.1%	Non-Sig	167	78.0%	Non-Sig	319	72.4%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	229	86.3%	Non-Sig	92	83.3%	Non-Sig	137	89.8%	Non-Sig	No
<b><i>Physical Activity and Sedentary Behaviors</i></b>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	487	22.9%	Non-Sig	167	19.1%	Non-Sig	320	26.4%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	455	48.1%	Non-Sig	159	49.9%	Non-Sig	296	46.3%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	466	47.6%	Non-Sig	163	51.6%	Non-Sig	303	43.9%	Non-Sig	No
<b><i>Nutrition</i></b>										
1. Consumed fruits and vegetables five or more times per day	487	15.1%	Non-Sig	167	11.1%	Non-Sig	320	18.8%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	486	51.8%	Non-Sig	167	48.6%	Non-Sig	319	54.7%	Non-Sig	No
3. Consumed dairy products three or more times per day	487	19.2%	Non-Sig	167	14.4%	Non-Sig	320	23.7%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	482	2.4	Non-Sig	167	2.7	Non-Sig	315	2.0	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	485	31.4%	Non-Sig	167	36.7%	Non-Sig	318	26.4%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	484	56.5%	Non-Sig	166	49.7%	Non-Sig	318	63.0%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	482	32.0%	Non-Sig	166	28.4%	Non-Sig	316	35.4%	Non-Sig	No
<b><i>Alcohol Consumption</i></b>										
1. Consumed at least one drink of alcohol during the past 30 days	485	54.4%	Non-Sig	166	59.8%	Non-Sig	319	49.4%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<i>Injury</i>										
1. Fell during the past three months	487	9.2%	Non-Sig	167	10.3%	Non-Sig	320	8.2%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	56	44.2%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	486	91.3%	Non-Sig	167	86.5%	Non-Sig	319	95.7%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	92	57.8%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	487	32.4%	Non-Sig	167	28.5%	Non-Sig	320	36.2%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	485	74.2%	Non-Sig	166	69.2%	Non-Sig	319	78.7%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	320	24.8%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	320	21.9%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	320	61.5%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	482	8.5%	Non-Sig	164	4.5%	Non-Sig	318	12.2%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	481	16.4%	Non-Sig	166	9.8%	Non-Sig	315	22.6%	Non-Sig	No

<sup>a</sup> Non-weighted sample size

<sup>b</sup> Percentage weighted by health district, gender, and age

<sup>c</sup> Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

<sup>^</sup> Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005